

## **Post-Operative Instructions for Breast Augmentation Submuscular - Bilateral - Silicone Implants**

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (775) 284-2020.

**In recovery:** you will be in a surgical bra, and band. Bra will be worn 24/7 for 3 weeks. Band will be worn 24/7 for 1 week or longer if needed. Usually spend 30-60 minutes in recovery.

**First night home:** Restrict your general activity to bed rest for the first night, getting up only to use the restroom with help. Drink plenty of fluids to help rid your body of the anesthetics

**Medications:** Be sure to take your medications as prescribed. Please note first 3-5 days are the toughest. Swelling and discomfort gradually increase over the first 3 days and then will gradually subside. Don't be alarmed if things feel worse before they get better (for example, day 2 you might feel better than day 4 – that's normal).

Pain Medication (Percocet or Norco): Only to be used as needed for 3-5 days. Always eat something before taking Narcotic regardless of time to help prevent nausea. **Narcotics may cause constipation;** you should take over the counter stool softeners. Colace is a good option but if you are prone to constipation, Miralax or Milk of Magnesia might be a better choice for you. Please prophylactically start taking a stool softener as directed the night of your surgery and continue to use while on the Narcotics. After 5 days, you may switch to Tylenol and after 2 weeks you may use ibuprofen.

Anti-nausea medication (Zofran or Phenergan): If you get nauseated with pain medication; take your anti-nausea medication 20 minutes before pain pill.

Antibiotics (Keflex or Clindamycin): You will be instructed on when to start your antibiotics on the day of surgery.

Muscle Relaxant (Flexaril): Do NOT take muscle relaxant with pain medication. Allow 1-2 hours between because they both cause drowsiness.

**Diet:** Clear liquids or a soft bland diet is recommended the first night home(i.e. bullion, apple juice, crackers, and jell-o). If you are able to tolerate a bland diet you may resume a normal diet.

**Hygiene:** Keep incisions clean and dry for 48 hours. On 3<sup>rd</sup> day after surgery you may shower with your back facing the water. Band, Bra, and gauze may be removed but tape (steri-strips) directly over incision must stay on until your 1 week appointment. After shower let tape air dry and then put bra and band back on as it helps with the swelling. Please wear Bra and Band as much as possible until further instruction. If the compression bra feels too tight or causes pain re-adjust it, we don't it to interfere with circulation to the skin. Do not submerge incisions under water until completely healed without scabs (approx. 4-6 weeks)

**Position:** When **sleeping and resting** stay on your back and keep your head elevated about 45 degrees and place a pillow under your knees for the first week. You must change your position or get up and move around every 2 hours while awake to reduce the dangers of blood clots.

**Activity:** Day after your surgery walk around inside every 2 hours while awake (2-5 mins).

First week you should focus on good posture and gentle arm stretches. We will review technique at Pre-op apt. Massage will start at 1 week post op apt. Drink plenty of

fluids, practice balanced nutrition and take your vitamins.

Minimal activities for the first 5-7 days after surgery. Do not raise your arms above your shoulders for the first 10 days.

After 2 weeks, full range of motion with your arms is permissible, but lifting is restricted to 10 pounds or less for 6 weeks.

First 3 weeks after surgery, NO aerobic exercise/activities that raise your heart rate or blood pressure including intercourse. NO heavy lifting, pushing or pulling of 10 lbs. or more for 6 weeks. Approximately 6-8 weeks post op strenuous activity will be allowed.

**You can expect:** Your **1st post op visit** will be 1 week after surgery and you will be seen by one of the nurses and she will instruct you more on breast massage.

-You may return to **non** strenuous work within 5-7 days.

-Moderate discomfort, which should be relieved by the pain medications.

-Moderate swelling of the breasts and abdomen. Bruising around the breasts.

-Some bloody drainage on the dressings.

-No alcohol for 1 week after surgery or while on pain medications.

-No driving for at least a week and must not have taken Narcotic for 24 hours.

-You may hear "sloshing" in your breast after surgery. This is not the implant; it is air or natural fluid that is trapped in the space around the implant that accumulates after surgery. This will be absorbed by the body within a few weeks.

-Most swelling, bruising and soreness is gone within 6 to 8 weeks.

-Return to strenuous activities in 6 to 8 weeks.

-Final bra size can be determined within 8 to 12 weeks.

-The scar will continue to fade for up to 2 years.

-If you notice any signs of increasing firmness of one or both breasts, even months after the operation, please notify us promptly so that treatments can be started.

-Certain types of bras are not recommended until at least 6 to 8 weeks after surgery. Check with your surgeon on what type of bra to purchase.

-After you are cleared to do so, you may wear the bra of your choice.

## **Healing**

Regeneration of sensory nerves is accompanied by burning, tingling or shooting pain. This will disappear with time. If; however, this is accompanied by swelling, redness, infection or bleeding, then you will need to be seen in the office. As the nerves regenerate, the nipples commonly become hypersensitive. This will subside with time. Gentle massaging helps.

It is very common for your two breasts to heal differently. One may swell more, one may feel more uncomfortable or the shapes may differ initially. After the initial healing they should look remarkably similar and natural. Patience is required but if you are concerned then please ask Dr. McCormack.

## **Call the office if you experience:**

-Severe pain not responding to pain medications.

-Excess swelling or swelling that is greater on one side than the other.

-A bright red spot on the bandage which continues to enlarge or bright red blood in drains that seems to be clotting.

-Incisions that appear to be opening or becoming very red, hot to the touch or containing pus

-Any type of allergic reaction symptom such as rash, itching, etc.

-A fever over 100.4

-Call if you have any questions at **(775) 284-2020**.